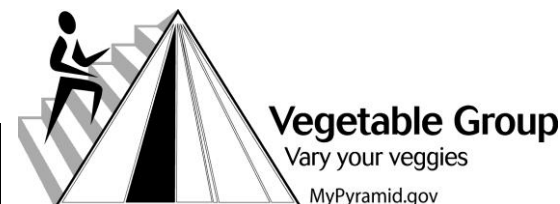


## USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 07-13-09)

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### A243 - SPAGHETTI SAUCE, MEATLESS, LOW-SODIUM, CANNED, #10



### Nutrition Information

Spaghetti sauce, meatless

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Meatless spaghetti sauce is a ready-to-use, tomato based sauce. In addition to tomato products, it may also contain: water, sugar, olive oil, soybean and/or cottonseed oil, onion powder, garlic powder, citric acid, natural flavoring, starches, and other ingredients. It has a bright typical tomato color and is smooth in texture. This is a low-sodium food (140 milligrams of sodium or less per serving).</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case. Each can contains about 106 oz (12 cups) meatless spaghetti sauce.</li> <li>One #10 can yields about 106 oz (12 cups) heated meatless spaghetti sauce and provides about 47.9 ¼-cup servings heated vegetable.</li> <li>CN Crediting: ¼ cup meatless spaghetti sauce provides ¼ cup vegetable.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned meatless spaghetti sauce in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened can of meatless spaghetti sauce covered and labeled in a nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>Use a clean and sanitized can opener.</li> </ul>

	¼ cup (62 g)	½ cup (125 g)
Calories	30	60
Protein	0.75 g	1.5 g
Carbohydrate	5.44 g	10.88 g
Dietary Fiber	N/A	N/A
Sugars	2.94 g	5.88 g
Total Fat	0.56 g	1.12 g
Saturated Fat	0.10 g	0.20 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.56 mg	1.12 mg
Calcium	12 mg	25 mg
Sodium	70 mg	140 mg
Magnesium	8 mg	16 mg
Potassium	182 mg	365 mg
Vitamin A	208 IU	419 IU
Vitamin A	10 RAE	21 RAE
Vitamin C	2.4 mg	4.9 mg
Vitamin E	N/A	N/A

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<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Use heated meatless spaghetti sauce as a topping for cooked pasta or as an ingredient in other Italian style dishes.</li> <li>• Serve warm as a dipping sauce for breadsticks.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Can linings might discolor or corrode when metal reacts with high-acid foods such as tomatoes or pineapple. As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time.</li> <li>• Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds.</li> <li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>